PERSONALS

Mrs. S. S. Shouse will return this week-end from a trip to New York.

Mrs. Sue Rexrode, of Harrisonburg is visiting her mother, Mrs. T. W. Oder.

Mr. Frank Coleman, of Prospect was a visitor in the home of Mrs. Harry P. Davis Sunday evening.

Mr. and Mrs. W. C. Poston, of Chester were week-end guests of Mr. and Mrs. F. L. Murphy.

S. L. Ferguson has returned to his home here after being a patient in the Memorial Hospital for a week.

C. S. Jenkins, who has been a patient in the Virginia Baptist Hospital for the past three weeks, expects to return home this week-end.

Mrs. Harry P. Davis returned home Friday, after spending the holidays with relatives in Richmond and Norfolk.

Mrs. Alfred Ray Gordon, who underwent an operation at the Virginia Baptist Hospital Tuesday, is recovering nicely.

Mr. and Mrs. Howard Ferguson, of Farmville were guests Sunday afternoon of Mr. and Mrs. G. L. Doss. Mr. Doss is recovering from a recent illness.

Mrs. Isabell Grady, who has been visiting her sisters, Mrs. L. E. Giles, Mrs. L. H. Wooldridge and Mrs. Lillie Martin, has returned to her home in California.

Howard C. Phelps, U. S. Navy, of Bainbridge, Md., returned last week after spending a 14-day furlough with his parents, Mr. and Mrs. Enid Phelps here.

Mr. and Mrs. Edwin Dinwiddie, of Gainesville, Ga., and Miss Florenne Caldwewll, of Norfolk, Va., were recent visitors of Mrs. W. B. Caldwell.

Mr. and Mrs. Hamner Moses and family, of Narrows, Va., were recent visitors of his brother-in-law and sister, Mr. and Mrs. Gilbert Dinkins.

Mrs. Effie Thackston returned to the Evans Rest Home, after spending the holidays with her daughter and son-in-law, Mr. and Mrs. Bernard Womack, of Portsmouth.

Mr. and Mrs. W. R. Herndon and family, of Brookneal, and Mrs. Webster Babcock, of Amherst, visited Mr. and Mrs. T. W. Moses Sunday. Mr. Moses is recovering from an extended illness.

Mrs. Calvin Robinson, Third District Chairman, Virginia Division, United Daughters of the Confederacy, was a guest of the Old Dominion UDC Chapter at a luncheon yesterday at the Virginian, Lynchburg.

Mrs. Jacqueline Newbill, Mrs. Harriett Thornton, Miss Lynolee Atwood and Mr. and Mrs. W. M. Thompson, all of Richmond, spent Sunday with Dr. and Mrs. L. L. Gayle.

Miss Peggy Ellen Cole, who has been assistant Fashion Director at Woodward Lothrop Dept. Store in Washington for the past six months, has been made head of the Fashion Office in this store.

Miss Cole, of Appomattox, is a graduate of Appomattox High School and Richmond Professional Institute and is a former Queen of the Tobacco Festival.

Miss Mildred McDearmon, who has been hospitalized in a Columbia, S. C. hospital for several weeks, is spending a week in Richmond with her sister, Mrs. Sam B. Witt, Jr., before coming to Appomattox to spend some time in the home of her father, C. S. McDearmon.

Mr. and Mrs. J. R. Sruford spent Sunday in Richmond with Mr. and Mrs. Ralph King. They attended services at Calvary Methodist Church, at which time Mr. and Mrs. King united with this church.

Mrs. F. C. Dresser and Mrs. J. R. Lawson will return tomorrow, after spending several days in Richmond with Mrs. N. A. Wagers. Along with Mrs. Wagers, they attended a reception at the Governor's Mansion Wednesday evening, given in honor of members of the General Assembly.

ABOUT YOUR HOME

By Frances Dell

There is a new battery driven roto-spit unit on the market that is sensational. It can be used anywhere. Fits any type of grill, broiler or fireplace. It is completely portable which makes it perfect for hunting and fishing trips as well as in the home or backyard.

No electrical cord or plug is necessary. It is powerful with a cooking capacity up to ten pounds. Batteries will provide up to ten continuous hours of operation. This roto-spit is made of durable aluminum and uses two standard D flashlight batteries.

All types of accessories are available. There is a steak basket, a shisk-ke-bab or frank spit, and an unusual spit fork. The roto-spit and all the accessories are reasonably priced. They are made by a California manufacturer.

An outstanding food study group believes it is possible to improve the nutritional habits of large groups of people by improving the food practices of children. They say that: "If these children have an opportunity to learn and practice principles of good nutrition in school, they will acquire better food habits and attitudes which will carry over into childhood."

This group of educators states that it is never too early to start the child's education in good nutrition. They would like to see schooling in this field begin in kindergarten and the first grade.

They stress how important it is for parents to keep their food prejudices from children until good habits have been firmly formed.

PROGRAM AT WOMAN'S CLUB

Mrs. Elizabeth Gregory, of Burkeville, field representative of the State Department of Welfare and Institutions, spoke on Geriatrics at at meeting of the Womans Club of Appomattox Monday afternoon.

Mrs. Ryland M. Mann, director of Welfare work in Appomattox County, introduced Mrs. Gregory.

The speaker stated that the aged population, 65 years or over, was 98,000 in Virginia in 1920, and by 1950 this total had advanced to 214,000. By 1960, it is estimated that the figure will be 300,000.

Mrs. Gregory advocated the giving of serious thought and planning relative to health needs, living arrangements, creative interests, recreation and employment opportunities for the aging as well as the aged.

In Appomattox County, of the 212 case load, 113 are in the old age assistance category.

"It is believed that some of the aged are upset by emotional problems which results in their unemployment. These cases require individual treatment by family or welfare agency," the speaker said.

As questions mount on the future plans for the aged of the state, it is understood that a resolution calling for a study of the aged in Virginia, will be introduced in the current session of the General Assembly.

Mrs. Charles F. P. Crawley, president, presided over the meeting of the club. She announced that on Feb. 26, Mrs. W. Vernon Giles, chairman of the Provisional Board of Lynchburg General Hospital's Women's Auxiliary, will meet with a group of ladies here to ask for suggestions and assistance in the organization of an Appomattox County branch of the Auxiliary.

Mrs. Giles and John A. Rudd met with a small group last week to formulate preliminary plans for this meeting.

Refreshments were served by the hostesses, Mesdames Calvin Robinson, Kenneth E. Coleman, Walter E. Ferrell and David R. Caldwell.

News Around Town

By Mrs. Calvin Robinson

I liked this one:

One mailman reported that because of all the office parties he ran into at holiday time, he staggered back to the post office with more of a load on than he started out with. —Wall St. Journal.

Congratulations to Mr. A. T. Anderson, of Route 1, Pamplin, who celebrated his 80th birthday Sunday, Jan. 8.

Around Town col . . . . . .

The Oakgrove Home Demonstration Club will meet on Thursday, January 19, instead of January 26. It will meet with Mrs. L. P. Petty. Demonstration will be on Party Refreshments.

The Appomattox Town Council will meet on Monday night.

It's not enough to have a good aim in life, you have to pull the trigger, too. Which reminds us that big shots are just small shots who kept on shooting. —The Gilerafter.

And there is this one from the same source: Quote—"At the dedication of the new fire house, Mayor Burley remarked that he hoped our Fire Department, like old maids, would be ever ready but uncalled upon!"

We had gotten into a sad state because looked like we could not go to Florida this season. But then there came Tuesday's weather report of freezing weather in the sunshine state. Just as well off here. Note that the big pavilion, restaurant and concession building at Silver Springs burned last year, and the new one won't be ready until April.

We had a nice letter from our friend, Col. George Collins, advising that he has just about completed his manuscript on the life of Appomattox's famous Joe Sweeney. Col. Collins has devoted considerable time to this project, and we eagerly await seeing the finished product.

It may or may not be a sign of spring, but the seed and flower catalogs are arriving.

ABBITT WAS SPEAKER AT FREDERICKSBURG

Fredericksburg, Va.- Representative Watkins M. Abbitt said last night that we should not be "blinded" by our present surpluses of agricultural crops, but should keep an eye towards the future by maintaining a positive soil conservation program.

Abbitt, speaking at the annual meeting of the Virginia Association of Soil Conservation Districts, in Fredericksburg, said that he was afraid "our temporary surpluses of some agricultural crops may blind us to the fact that someday we may need to use every acre of our crop land for agricultural purposes." He pointed out that the Census Bureau estimates that our population is increasing at a rate of more than 2,000,000 per year and estimates that our population will be twen 210 and 220 million by 1975.

The Fourth District Congressman, a member of the House Agriculture Committee, pointed out that the amount of good land for crop production is declining and asserted that as the population grows, it is actually reducing the amount of tillable land. He emphasized that every expansion of housing, industry, transportation takes away from the available farm production area.

Birthday List

Richard Poe, Jan. 12.
C. C. Poe, Jan. 10.
Rev. B. F. Robinson, Jan. 15.
Mrs. B. F. Robinson, Jan. 20.
W. S. Taylor, Jan. 3.
(Mr. Taylor was 83. Congratulations!)
H. Y. Spencer, Jan. 9.

FINDS FAMILY LINK

Lawrenceburg, Ky.- Stewart McBrayer, local banker, went to an auction sale recently, saw an antique dresses he liked and bought it. He later found a note on the back of the dresser which told that a furniture company had purchased it for W. S. McBrayer, Stewart's grandfather.

Home Agent's Notes

By Mrs. B. G. Anderson
Home Demonstration Agent

Serve Fruits All Winter Long

Fruits, fresh, frozen or canned, provide the fillip to the appetite that induces one to eat more of other essential foods. They add the charm of varied colors, the tang of distinctive flavors, and the added attraction of different shapes and textures. Because they can be eaten "as is"—and many are more delicious this way—they make meal preparation easier, speedier. Because they can be cooked in diverse ways and combined with other foods, they offer almost unlimited scope to the homemaker in her menu planning.

Fruits may be used in salads, as desserts, or for afternoon or evening snacks.

We need to eat fresh fruit because of the essential mineral and vitamin content, especially the presence of vitamin C which is needed to build bones and teeth, to promote healthy gums, to strengthen walls of blood vessels. Most important sources are citrus fruits, with strawberries, bananas, pineapple, cantaloupe also contributing their quota. A supply of vitamin C should be eaten daily, since it is not stored in the system.

Vitamin A, which is essential to prevent night blindness and to build resistance to infection is found in many fruits, including yellow peaches, cantaloupe, bananas and in canned red sour cherries.

Some fruits also contribute vitamin B2 or riboflavin—for growth, healthy eyes and skin and good muscular coordination, and vitamin B1 or thiamin for good appetite, digestion and healthy nerves. Both are found in citrus fruits, bananas, pineapple and canned plums.

Apples for eating or in salads—use Red Delicious, Golden Delicious, Winesap, McIntosh, Cortland, Northern, for baking (choose firm, tart apples that hold their shape) use Stayman, Winesap, Rome Beauty, or Northern Spy.

Bananas for eating and in salads should be ripe, yellow flecked with brown..

The Staff of Life

Bread is a pretty basic commodity in our food habits and let's talk about it a bit in this column.

For one thing, bread making has not changed much in method since the Egyptians started making it in the year 2,000 B. C. They discovered that their wheat meal dough would rise and double itself when placed out in the hot sun on a rock; so started the making of leavened bread. Today we add yeast to accomplish the same result through fermentation when the yeast goes to work on the natural sugar in the wheat.

Our modern packaged breads have much higher nutritional value than what was made at home 50 years ago, say the nation's biggest grocery firms, who should know. The loaf you buy contains more milk, more shortening, more yeast, and more calcium. Enriched bread also contains the B vitamins, thiamin, niacin and riboflavin, and iron. So, while it doesn't much resemble the home-made product, our fond memory recalls, it may be better for us.

TOBACCO MARKETS

Lynchburg dark - fired tobacco market will not close next week, asha d previously been announced. Markets throughout the dark - fired and sun-cured belt had planned to close due to the dry weather which prevented proper handling of the tobacco.

Recent rainsh ave improved conditions.

Appomattox Board of Supervisors met Wednesday for the regular monthly session.

The West Hanover Presbytery is to meet next week.

The annual March of Dimes drive is now in progress. Contribute to the effort to combat polio.

Sbuscripti onrate: $2.00 a year; payable in advance.

SHOP & SAVE AT

Bob's Store

YOUR FAMILY STAMP STORE

START YOUR BREAKFAST OFF RIGHT!

CEREAL		FAT MEAT .. 2 lb. 23c	
TRIX Sugar Coated	28c	HOME MADE SAUSAGE	lb. 39c
FROSTED FLAKES	28c	SWIFT'S PREMIUM BACON	lb. 47c
KING SIZE CORN FLAKES ..	28c	TENDERIZED SLICED HAM	lb. 79c
FRESH COUNTRY EGGS	dz. 69c		

COFFEE — Chase & Sanborn .. 2 - 2 oz. jars	59c
COFFEE — Gills Hotel Special ..... LIMIT: 2 lbs. Per Customer	lb. 87c
OLEO — Superior Quarters ..... LIMIT: 4 lbs. Per Customer	2 lbs. 43c
MRS. FILBERT'S MAYONNAISE	pt. 37c
JEWEL OIL — A Good Buy	pt. 29c
PURE LARD — Luthers	4 lbs. 69c
PEANUT BUTTER — Meador's	32 oz. jar 73c
RITZ — Nabisco	1 lb. 35c
CRACKERS — Premium	1 lb. 24c
PREM — Swift's	37c
BORDEN'S BISCUITS	3 for 25c

These prices good this week-end only.

COME IN AND SEE OUR REARRANGED STORE

WE HAVE A FULL LINE OF VEGETABLES, LETTUCE, TOMATOES, SNAPS, CELERY, CARROTTS AT GOOD PRICES

CIGARETTES

Buy The Carton

ALL POPULAR BRANDS

REGULAR
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FILTER TIPS

NOTICE

The American Legion Post 104 of Appomattox will again display and sell calendars and other advertising media at the American Legion Post Home on Monday and Tuesday, January 16 and 17, from 2:00 p. m. to 10:00 p. m. You are invited to visit this display and select your 1957 calendars as well as any other advertising pieces you might care to use in your business. Calendars purchased from the Legion will not cost any more than from any other source. Your orders will assist the Legion in carrying out its many worthwhile programs in your community. We will be looking for you to come by on the above dates.

CALENDAR COMMITTEE
AMERICAN LEGION POST 104

WANTED!

Railroad Cross Ties

TOP PRICES

No. 5, $2.35 — No. 4, $2.15 — No. 3, $1.60
No. 2., $1.20 — No. 1, 70c

Fine Pulpwood

$16.50 per Cord, 160 ft.

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Gladstone, Virginia

NOTICE

To Dog Owners

1956 Dog Tags must be secured before February 1, 1956 from the Office of the County Treasurer. If it is not convenient for you to come to the Treasurer's Office in person, they may be obtained by mail by stating the sex of the dog and sending amunt as follows:

Male	$ 1.00
Unsexed Female	1.00
Female	3.00
20-Dog Kennel	15.00
50-Dog Kennel	25.00

Please present your certificate of rabies vaccination with your application for license.

John G. Plunkett
TREASURER APPOMATTOX COUNTY
APPOMATTOX, VIRGINIA

THE BIBLE SPEAKS

International Uniform Sunday School Lessons

By DR. KENNETH J. FOREMAN

Background Scripture: Luke 13:1-35
Devotional Reading: Romans 2:1-16.

How to Repent

Lesson for January 15, 1956

ONCE upon a time, so the story goes, there was a young man who had just come to a church as a preacher. He was barely out of the seminary, and his notebooks and his head were well filled. He started out one Sunday morning with a sermon on Repentance. He analyzed the meaning of the word, he traced it through Scripture, he examined it theologically and psychologically—in short, he laid down the Doctrine of Repentance, as he had been taught it. When he sat down, an old minister in the congregation came to his feet and went up to the pulpit. "Young man," he said, "you quit right before you got to the point. You told these people what repentance is: now stand up there and tell 'em to repent!"

Dr. Foreman

Substitutes for Repentance

So, nothing in this column should be taken to mean that knowing what repentance is, can be a substitute for repenting. Knowing what fishing is is not fishing; knowing what a doctor does will not make one a doctor. So knowing what repentance is, is not repenting. And still it helps. You can't fish if you've no idea what "fishing" means. You can't be a doctor if you don't know what doctors do. Some people never really repent, only because they have got into the habit of doing something else they call repenting, but is not really that at all. Repentance is not just being sorry for something you have done. You may be sorry for the wrong reason,—because you have been found out, or because your sin has caused you trouble, or because your pride in yourself has been dented. Repentance is being sorry but it is more than that. Repentance in the Bible sense of the word also is more than regretting particular sins. I may be truly sorry I was harsh to a friend one; but next day I may be just as harsh and unkind. The harshness and unkindness are symptoms, they are not the disease; I need to repent of what it is in me that causes me to misuse others.

Repentance is Changing the Mind

Don't let any one tell you that Christians do not need to repent. Only those who argue that Christ's commands are not for us can suppose that repentance is not our own duty. As for Paul, he made it about as plain as words can make it. God calls on all men everywhere to repent (Acts 17:30). Beware of "Bible students" who try to evade the plain teaching of Jesus. He certainly taught repentance as well as faith. Now the Greek word used to translate Jesus' word (which no doubt was in Aramaic, the language of Palestine in those days) is "metanoeo" which literally means to change the mind. This is much deeper than changing your mind about what to take at a cafeteria or when to do the washing. It means, as Jesus' whole teaching shows, that total change of outlook,—loving what one hated, hating what one loved, — which changes the whole person from within. What is the center of your life? Is it yourself? Then no matter how many sins you may regret having committed, you have not repented in Jesus' sense of the word. Your life must be shifted over from love of yourself to love of God and your neighbor. Repentance is the outworking of the new birth. A person who professes to have been born again but who still looks at life from a self-centered standpoint, has probably not been born again. Repentance, in this deep and real sense of a radical change in attitude, aims and desires, is not something you can do in a flash and be done with forever. In 2 Peter 3:9 (a little book written to Christians) it is said the Lord wishes all to "reach repentance." It is actually a continuing lifelong process.

How It Works

But this profound inner change of the mind (which in the Bible is inseparable from the heart) will work out in repentance for particular sins. Some people, perhaps most people, find it easier to repent of "sin" (or what they call repenting) than of particular sins. But true repentance is both profound and particular. In false repentance, a person is "sorry" for a sin but goes on doing it.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U. S. A. Released by Community Press Service.)

Health and Beauty

Getting Yourself Checked Over

Many times in these columns, people have been instructed to go regularly to their family physicians, and have themselves examined. Large numbers live in terror of disease and yet fail to take this advice. Most people become very much alarmed if they suffer from shortness of breath. It is a very disagreeable condition, and may really be the symptom of serious trouble. On the contrary, it may mean that one is so fat and lazy that any unusual exercise cause the breath to come in rapid panting gasps, when there is no underlying organic disease of the heart.

The normal rate of respiration is from 15 to 20 per minute. During sleep it drops to 14 or 18. When you run a race, or engage in unusual or strenuous exercise, breathing becomes more rapid. This is due to the fact that nature requires more air in order to oxygenate the tissues for the exertion, breaks them down more rapidly. When the heart is normal, the quick breathing ceases in a very short while after the exercise is discontinued.

If the person is not engaging in any strenuous nor unusual exercise and yet breathes faster than normal, he should go to a physician for his heart, lungs or other organs may be at fault.

Difficulty in breathing or shortness of breath could be due to some acute disease, such as influenza, pneumonia, or even tonsilitis. Maybe the lungs have something wrong with them. So many causes produce shortness of breath that it is useless in an article of this kind to enumerate them. Not every case of heart trouble is accompanied by shortness of breath, unless the patient is taking active exercise.

A heart that has been damaged by rheumatism or some other infection can be greatly improved, if the condition is found early enough to apply the proper remedies, one of which is complete rest over a definite period of time. Overeating or a wrong diet, sometimes causes shortness of breath, not only by distending the stomach from bulk, but fermentation frequently sets up this engenders gases, which cause the diaphram to be pushed up to out of position and embarasses the movement of the heart.

A patient remarked to the writer a year ago that she had long suffered with shortness of breath, and discomfort about the heart, but she didn't much believe in doctors and so she had done nothing about it. Her belief or disbelief did not alter the fact that she was suffering from a serious heart trouble and had she sought counsel, she could have been helped. She didn't believe in doctors until too late and she is in her grave.

ADMITS DOING 94 M.P.H.

Roswell, N. M.- After paying a fine for speeding to R. Perry Bean justice of the peace, a 74-year-old California asked, "Is this case closed now—I mean nothing can change your verdict?" Assured that the case was closed, the woman said, with a grin, "Well, in that case, I just want you to know that the officer who arrested me was wrong. I wasn't going 80 miles an hour. I was doing 94."

Total farm output in 1955 is called the largest ever.

Stonewall

Stonewall, Jan. 9.- We are surely having some dry, cold weather. The farmers are having a time getting their tobacco down and ready for market.

We are all so glad to know that Mr. Tom Caldwell is improving at his home near here, after being ill with pneumonia for some time.

Mrs. H. B. Jones, of Richmond, spent the week-end with her parents, Mr. and Mrs. Irby Wheeler.

Mr. and Mrs. Tilden Lee and son, Wayne were visitors in Farmville last Wednesday. Mr. Lee sold tobacco and Mrs. Lee did some shopping.

Rev. Aaron Smith preached at Bethel Church Sunday morning at 11 o'clock to a fine crowd. He was the dinner guest of Mr. and Mrs. C. M. Caldwell. Mrs. and Mrs. Calvin Collins were guests in the same home.

The W. S. C. S. of Bethel Church will meet on Wednesday of this week at 2:30 with Mrs. R. J. Goodman.

Mr. and Mrs. C. D. Carson attended a kitchen shower in Lynchburg on Friday night, given for Miss Anne Carson, who will be married on January 28 to Mr. E. O. Showalter. The shower was given by his brother's wife, Mrs. Showalter.

Mrs. C. M. Caldwell and daughter, Mrs. Calvin Collins and Mrs. Lester Carson are having a bridal shower for Miss Carson at Stonewall Community Center next Saturday night. A large crowd is expected.

Sorry to hear that Mr. Lyle Caldwell has returned to the hospital in Richmond for an operation. We wish for him a speedy get-well.

Mr. and Mrs. Harold Stratton, of Oakville were dinner guests of his parents, Mr. and Mrs. B. D. Stratton on Sunday.

We are all glad to hear Mr. C. D. Drinkard has improved enough to be moved from hospital to his daughter and son-in-law's, Mr. and Mrs. Wesley Bethel, in Lynchburg

Mrs. Lyle Caldwell is not so well at this time. She is in Lynchburg with her daughter, Mrs. Neal Williams and her family. We hope the rest will do her lots of good and she can soon return to her home and her school work.

Official Washington is reported to be concerned by the public tendency to regard radar as an impregnable defense against air attack.

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LAUNDRY & DRY CLEANING
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Speaks softly and packs a powerful wallop!

THE BEL AIR SPORT COUPE—one of 19 high-price-looking Chevrolets, all with Body by Fisher.

Whether idling at curbside or cruising, this new Chevrolet talks in a well-mannered whisper. You scarcely ever hear more than a soft undertone of power from its deep-chested V8. (One reason is the hydraulic-hushed valve lifters now in *all* Chevrolet engines—V8 or 6.)

Soft-spoken, yes—but this handsome traveler packs a wallop that ranges up to 205 h.p.! It's charged with sheer *action!*

Action that can save you precious seconds for safer passing on the highway! *Action* that lets you take steep hills in stride! *Action* that helps you zoom out of trouble spots almost as quickly as they develop!

And *action* isn't all. Chevy holds the road like part of the pavement! You feel added assurance in the way it clings to curves.

Of course, Chevrolet brings you the security of safety door latches in all models. Instrument panel padding and seat belts, with or without shoulder harness, are offered at extra cost.

Come in and drive a new Chevrolet. We've got one ready and waiting for you.

MOSES MOTOR COMPANY
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